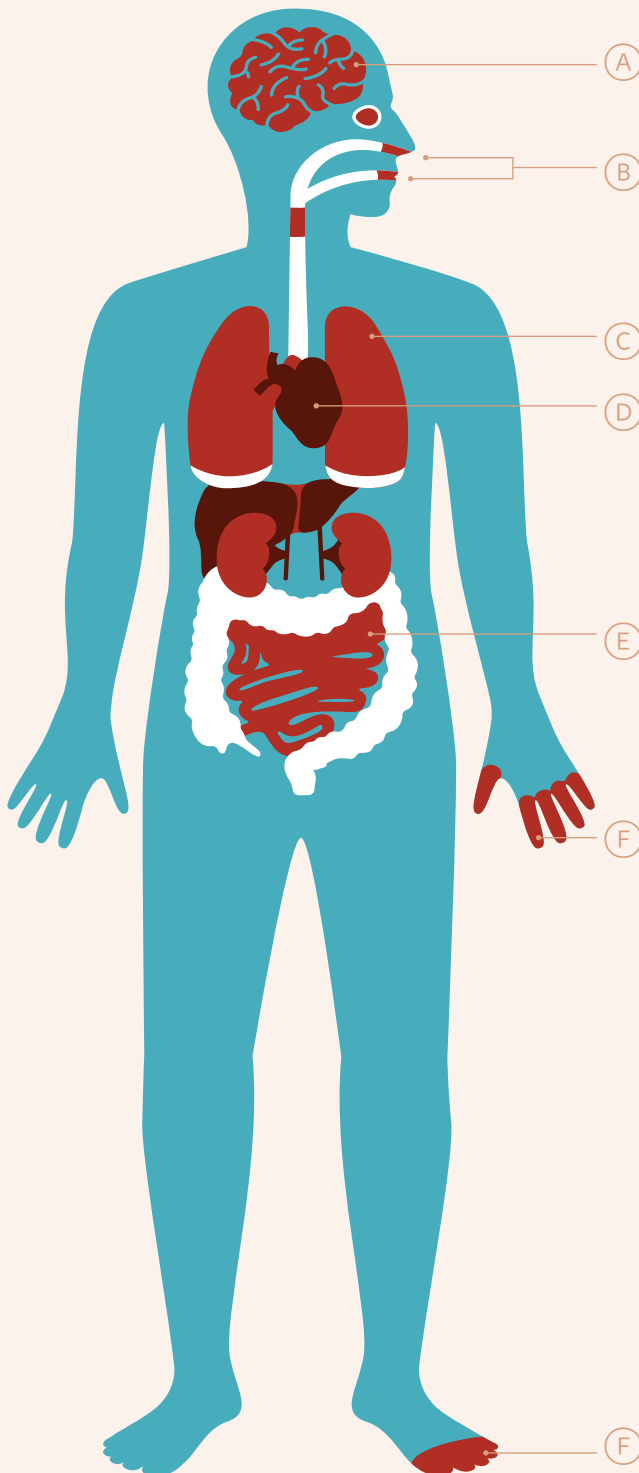


COVID-19 and Long-Term Physical Health: What Community Members Need to Know

While most people get better within weeks of getting sick with COVID-19, some people experience long COVID symptoms after they are recovered and can no longer spread the virus. Long COVID symptoms can be new, returning or ongoing health problems that occur four or more weeks after becoming sick with COVID.

THE BEST WAY TO PREVENT COVID IS TO GET VACCINATED



LOCATION	SYMPTOM
WHOLE BODY	— Tiredness, joint or muscle pain, sleep problems, fever, rash, anxiety, depression
BRAIN	(A) Difficulty thinking or concentrating (“brain fog”), headache, dizziness, mood changes
NOSE AND TONGUE	(B) Change in smell or taste
LUNGS	(C) Shortness of breath, cough, difficulty breathing
HEART	(D) Chest pain, fast-beating or pounding heart (heart palpitations)
INTESTINES	(E) Stomach pain, diarrhea
FEMALE REPRODUCTIVE SYSTEM	— Change in period cycles
MALE REPRODUCTIVE SYSTEM	— Decreased sperm count, erectile dysfunction
FINGERS AND TOES	(F) Pins and needles feeling (showing poor blood circulation)

Long COVID can happen whether you experience mild or severe COVID-19 disease. We don’t know yet why people get long COVID conditions or how long they can last. See a health care provider if concerned about long COVID conditions.

Get fully vaccinated, including booster shots, to prevent COVID-19 and reduce your chances of developing long COVID. Follow all local guidelines to further protect yourself and others, which may include wearing a mask or avoiding indoor gatherings. If you have any symptoms of COVID-19, get tested as soon as possible.

